

# Foolproof Potato Latkes

 Vegetarian  Gluten Free  Dairy Free

READY IN



40 min.

SERVINGS



10

CALORIES



83 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

## Ingredients

- 1 teaspoon double-acting baking powder
- 2 eggs
- 1 onion chopped
- 4 potatoes cubed peeled
- 2 teaspoons salt

## Equipment

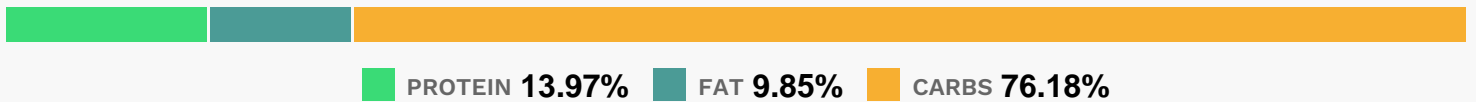
- food processor
- bowl

frying pan

## Directions

- Place 1/4 of the potatoes, onion, eggs, salt, flour, and baking powder in the work bowl of a food processor; pulse several times until the vegetables are finely chopped.
- Add the rest of the potatoes, and pulse again until all the potatoes are finely chopped and the mixture is thoroughly combined.
- Heat canola oil in a skillet over medium heat. Scoop up about 1/3 cup of the potato mixture per latke, and place into the hot oil. Fry the patty until brown and crisp on the bottom, flip it, and cook the other side until brown, 2 to 3 minutes per side. Repeat with the rest of the potato mixture, replenishing the oil as needed.
- Serve hot.

## Nutrition Facts



## Properties

Glycemic Index:20.27, Glycemic Load:11.22, Inflammation Score:-2, Nutrition Score:5.433478249156%

## Flavonoids

Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg, Isorhamnetin: 0.55mg Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg, Kaempferol: 0.75mg Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg, Quercetin: 2.83mg

## Nutrients (% of daily need)

Calories: 82.8kcal (4.14%), Fat: 0.92g (1.42%), Saturated Fat: 0.3g (1.89%), Carbohydrates: 16.09g (5.36%), Net Carbohydrates: 14.02g (5.1%), Sugar: 1.16g (1.29%), Cholesterol: 32.74mg (10.91%), Sodium: 525.54mg (22.85%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 2.95g (5.9%), Vitamin C: 17.6mg (21.33%), Vitamin B6: 0.28mg (13.98%), Potassium: 387.07mg (11.06%), Fiber: 2.06g (8.25%), Phosphorus: 77.94mg (7.79%), Manganese: 0.15mg (7.41%), Magnesium: 21.87mg (5.47%), Copper: 0.1mg (5.15%), Vitamin B1: 0.08mg (5.12%), Folate: 19.86µg (4.96%), Iron: 0.89mg (4.94%), Vitamin B3: 0.92mg (4.59%), Selenium: 3.01µg (4.31%), Calcium: 41.47mg (4.15%), Vitamin B2: 0.07mg (4.14%), Vitamin B5: 0.4mg (4.01%), Zinc: 0.38mg (2.54%), Vitamin K: 1.69µg (1.61%), Vitamin B12: 0.08µg (1.31%), Vitamin D: 0.18µg (1.17%)